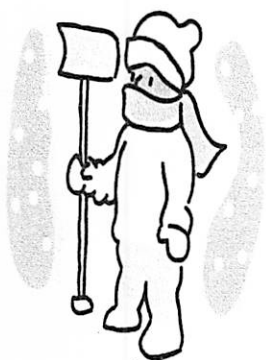


# THE PARKSIDE PARENT CONNECTION

December 2010-  
January 2011

Principal Andrea Somoza-Norton  
Assistant Principal Kim Organek  
Assistant Principal Ken Roy



## Principal's News

Happy New Year! We hope you had a restful Holiday Break.

As we start the New Year we would like to ask parents to remind their children of the importance of arriving to school and/or class on time. Good attendance teaches students responsibility and positive work habits. The administration will continue to enforce the new attendance policy as needed. We appreciate your cooperation with this matter.

Since September, bullying prevention has been one of our goals at Parkside. On February 2<sup>nd</sup>, Officer Paul Rondeau (Officer Friendly) from the Manchester Police Department will be speaking to each grade level about the new bullying law in New Hampshire. The presentation is customized for middle school students.

In February, the Manchester School District is launching the Family Portal. The family portal allows parents/guardians to view their student's data. You will be able to see your student's attendance, quarter grades, some demographic information, and assignments. If you would like access to your student records, please come to Parkside on January 18<sup>th</sup> from 5PM to 7PM to sign-up for an account. You can fill out an application that night or you can download it from our home page and bring it with you. Family Portal will be an excellent tool to enhance our school-home communication.

We are looking forward to seeing you on Family Portal Sign-Up Night!

Sincerely

Mrs. Norton

## Mark your calendar

- ◆ 1/17 Martin Luther King's Day -No School
- ◆ 1/18 Family Portal Sign-Up Night 5-7PM

## Assistant Principals' News

The Holiday Season has passed and that fast pace sometimes brings with it added stress for you and your children throughout the winter season. Here are a few tips to help out with your child's behavior at school and at home:

- Encourage positive behavior.
- Spend time with your kids.
- Get out of the house, take a walk, go sliding or skating and enjoy the winter season. (This is New Hampshire!)
- Talk to them in a positive way.
- Ask them how the day went (you may not get an answer but they may surprise you)!
- Be part of their lives and know what they are doing at home and in school.

During this time of year we see an increase in poor behaviors/choices and with your help and support you can help reduce these infractions and strengthen your relations with your children.

Sincerely,

Mrs. Organek and Mr. Roy

## Nurse Corner

### Winter Safety Tips for Children

As the weather turns cold, new dangers appear for kids. Simple winter safety tips for children can help keep them safe, warm and healthy throughout the coldest months of the year.

Changes in temperature associated with winter weather can be dangerous in the following ways:

#### Playing Outside

- Cold temperatures and biting winds are one of the most obvious hazards for children playing outside in the snow. Children not properly dressed for winter climates can suffer from frostbite, hypothermia and severe chills that can lead to illness, poor judgment and even permanent injury. To avoid the dangers of cold climate and winter weather:
- Dress in multiple layers to play outside, include extra layers of protection for legs, feet, hands and fingers.
- Always wear hats and gloves when playing outside in cold weather; most of your body heat is lost from the head and hands.
- Limit the amount of time outdoors to safe intervals ½ hr or less when extremely cold or windy and bring children in periodically to warm up.
- Remove all wet clothing immediately and change into dry clothing before returning to and outside activity.
- Encourage use of sunscreen on all exposed skin to protect against burns from bright sunlight and snow glare.
- Encourage bright colored outer clothing that can be easily seen from a distance.
- Avoid using clothing with draw strings, as they can cut off circulation and make frostbite a greater threat and can potentially be a strangulation hazard.
- Teach children to avoid playing in areas being snow plowed; avoid touching or licking exposed metal (fences, flagpoles, street signs etc.) in the winter.

#### Winter Sports

Winter sports can be a great way for children and adults to stay active and enjoy colder temperatures, but they present their own unique hazards.

- Always use proper protection and safety equipment including sports goggles and helmets, while playing winter sports.
- Always engage in safe sports behavior such as following rules of the games and eliminating horseplay.
- Whenever possible encourage winter sports played in approved locations for the intended sports; avoid frozen ponds, unknown hillsides or potentially dangerous and unsupervised locations.

#### Staying Healthy

Children are more likely to contact illnesses during the winter months because they are more confined due to climatic changes associated with winter. To stay healthy during winter, consider the following safety tips:

- Eat a healthy well balanced diet which includes fruits and vegetables.
- Teach children proper hand washing techniques to kill germs and bacteria and encourage use of hand sanitizer whenever possible.
- Continue to contact your physician to keep your children properly immunized against influenza and meningitis; obtain vaccinations when available.
- Keep children home from school and other public places when sick.
- Encourage fluid intake and discourage children from sharing any drinks with others.

In conclusion by following the proper winter safety tips for children, parents and guardians can ensure that their children will be warm, happy and safe during the coldest months of the year, and seeing them enjoy winter safely will warm any parent's heart.



## NURSE CORNER (Continued)

### Additional information of importance:

During the months of January, February and March I will be doing seventh grade screenings for every seventh grade student here at Parkside. The screenings will include the basic measurements for height, weight, blood pressure and vision. This will occur during the school day and will take only a few minutes to do. All information is confidential.

The Manchester Health Department Dental Division will be here at Parkside from March 28, 2011 to April 8, 2011 to treat students signed up for the program. If you have not filled out a permission form at the beginning of the year and would like to have your child/children see, request a permission slip from the nurse or call the School Dental Program at 624-6466 ex 315.

As always please email or call the school nurse at Parkside.

Mrs. Keefe

[Lkeefe@mansd.org](mailto:Lkeefe@mansd.org)

624-6356 ex 16



## GUIDANCE NEWS

Ms. Cornell/6<sup>th</sup> Grade

The 6<sup>th</sup> grade class visited the Boston Museum of Science on January 11<sup>th</sup>. The students were well behaved and enjoyed the various exhibitions and presentations. In particular the Lighting! Live Presentation (Indoor bolts produced by the world's largest air-insulated Van de Graff generator spark exciting explorations of lightning, electric charge, and storm safety). December's Winter Social was a lot fun as well. Student participation was high. Great games and delicious ice cream! Thank you to the administration, staff members and especially Mr. Drewniak for helping organize this event.

Ms. Darby/Hello 7<sup>th</sup> Grade Parents!!

Here we are at the end of the 2<sup>nd</sup> quarter! Time flies when you are having fun! I hope you had a happy and restful holiday break. We had some fun events at school including a field trip to the Palace Theater to see, "A Christmas Carol" and a Parkside Pride staff-student basketball game. I would like to thank the students who were my cheering section. I needed all the help I could get! We have an upcoming field trip to the Boston Museum of Science on January 21<sup>st</sup>.

Many of my students have told me that they received cell phones as gifts over vacation. Cell phones are a great way to keep in touch with your teen these days, especially when it seems as though families are always moving in ten different directions. Cell phones can be a big source of temptations for teens. Per Manchester School District Policy, the use or display of personal audiovisual equipment such as, but not limited to MP3 player, IPOD, Game Boy, cellular phone or like devices is prohibited during regular school hours.

Students are often tempted to text during class which causes them to lose out on valuable instruction time and can often lead to disciplinary action. Did you know that many cell phone companies are now offering parental control plans that let you set the limits on your child's phone usage? You can limit who and when they text and call. This is a great way for you to help your child learn to be a responsible cell phone owner.

Mr. Liakos/ Grade 8

Eighth graders will soon be choosing their high school classes. On January 18, counselors from West High School will enter eighth grade classrooms to begin the registration process. The necessary forms will be handed out with a full explanation of the steps to take to register for freshman classes.

Mr. Liakos/8<sup>th</sup> grade (Continued)

On February 10, West High will host an incoming Freshman Orientation and Open House from 6PM - 8PM. A power point presentation will cover the same important information that was presented to students at Parkside. In addition, representatives from programs such as ROTC, Theater Group and others will be present that evening. Parents and students will also be given a tour of West High School.

Teachers at Parkside, as well as me, will help students with any questions that they have regarding the registration process. We have and will continue to stress the importance of their academic performance here in order to prepare them for their high school years.

Completed and signed forms must be given to a team teacher by February 17.

### REMINDER: UPCOMING PARENT TEACHER GROUP MEETINGS

Feb. 3, 2011 Thursday: PTG Meeting @ 6:30 pm

Mar. 3, 2011 Thursday: PTG Meeting @ 6:30 pm

Apr. 7, 2011 Thursday: PTG Meeting @6:30 pm

May 5, 2011 Thursday: PTG Meeting @6:30 pm

June 2, 2011 Thursday: PTG Meeting @ 6:30 pm

How can you help?

Save Box Tops for Education, Campbell's Labels and participate in the Hannaford Help Schools Program!



the difference  
I can make.